

**AM** Hot Flashes\* • Lack of Energy\* • Irritability\* • Mood Swings\*

**PM** Night Sweats\* • Occasional Sleeplessness\*

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Hormone-Free Formula, for:  
Daytime Energy\*  
Nighttime Restful Sleep\*

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HORMONE-FREE

## AM/PM Menopause Formula™

Day & Night Relief for Menopausal Symptoms\*

2 DIETARY SUPPLEMENTS

30 AM TABLETS and 30 PM TABLETS

WOMEN'S HEALTH\*

LBX07206.19 BLK720F, BLK721C



AM/PM  
Menopause Formula™



THIS PRODUCT HAS A  
TAMPER-EVIDENT FOIL  
POUCH. DO NOT USE IF FOIL  
OR PLASTIC IS PUNCTURED!

### AM FORMULA

#### Supplement Facts

Serving Size 1 Tablet

| Amount per Serving                                                                           | % DV     |
|----------------------------------------------------------------------------------------------|----------|
| Green Tea Leaf Extract (Sunphenon®)<br>standardized to 50 mg caffeine                        | 250 mg** |
| Asian Ginseng Root Extract<br>standardized to 7% ginsenosides (7 mg)                         | 100 mg** |
| Black Cohosh Root and Rhizome Extract<br>standardized to 2.5% triterpene glycosides (0.5 mg) | 20 mg**  |

\*\*Daily Value (DV) not established.

Other ingredients: cellulose, sodium croscarmellose, stearic acid, hypromellose, titanium dioxide color, glycerin, magnesium stearate, silica

### PM FORMULA

#### Supplement Facts

Serving Size 1 Tablet

| Amount per Serving                                                                           | % DV     |
|----------------------------------------------------------------------------------------------|----------|
| Valerian Root Extract standardized to<br>0.8% valerenic acids (1.6 mg)                       | 200 mg** |
| Hops Flower Extract                                                                          | 100 mg** |
| L-Theanine (Suntheanine® brand)                                                              | 50 mg**  |
| Black Cohosh Root and Rhizome Extract<br>standardized to 2.5% triterpene glycosides (0.5 mg) | 20 mg**  |

\*\*Daily Value (DV) not established.

Other ingredients: cellulose, hypromellose, sodium croscarmellose, magnesium stearate, glycerin, silica, carrot and paprika extract color

Suntheanine® and Sunphenon® are registered trademarks of Taiyo International, Inc.

**Recommendation:** AM: Take 1 (white) AM tablet in the morning.  
PM: Take 1 (purple) PM tablet approximately 30-45 minutes before bedtime. It may take four to five weeks to achieve full benefits. Continue use to maintain benefits.

#### Day & Night Symptom Relief\*

##### AM Formula

Actual Size

###### Ingredients

- Black Cohosh
- Green Tea

###### Support

- For hot flashes & irritability\*
- For daytime energy support\*

##### PM Formula

Actual Size

###### Ingredients

- Black Cohosh
- Valerian and Hops
- L-Theanine

###### Support

- For relief of occasional night sweats and mood swings\*
- For restful sleep\*
- For relaxation and well-being\*

**WARNING:** Do not use if pregnant, nursing, or by children under 18 years of age. Do not use if sensitive to caffeine. Each serving of the AM Formula contains 50 mg of caffeine. Discontinue use and consult a healthcare professional if you have a liver disorder or develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice. Avoid alcohol and do not drive or operate machinery while taking this product. If taking medications for diabetes, sedatives, tranquilizers, or any other medications, consult a healthcare professional before use.

**Keep out of reach of children.**

**GLUTEN FREE.** No sugar, salt, yeast, wheat, soy, dairy products, or artificial flavors, or preservatives.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / [naturesway.com](http://naturesway.com)



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